

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A portable vapor inhaler comprising:

a reservoir comprising an opening;

a lid that is removably attachable to the reservoir; and

an effervescent composition,

wherein the lid comprises a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area, and wherein the lid further comprises [[a]] at least one vent, wherein each vent ~~that~~ is smaller in area than the opening of the reservoir, and

wherein the lid is adapted to concentrate a vapor from the reservoir, and to emit said vapor through the at least one vent.

2. (original) The portable vapor inhaler of claim 1, wherein the reservoir is a cup.

3. (original) The portable vapor inhaler of claim 2, wherein the cup is selected from the group consisting of an insulated cup, a styrofoam cup, a cardboard cup, a plastic cup, a ceramic cup, and a paper cup.

4. (previously presented) The portable vapor inhaler of claim 1, wherein the reservoir is a collapsible membrane to which the lid can be attached, whereby the membrane is filled with water and placed into a container of any similar size and shape.
5. (canceled)
6. (canceled)
7. (previously presented) The portable vapor inhaler of claim 1, wherein the reservoir and the lid form substantially one piece and the lid further comprises a closeable opening whereby the effervescent composition and water can be added to the reservoir.
8. (original) The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of sodium bicarbonate, sodium carbonate, citric acid, sorbitol, polyethylene glycol, sodium benzoate, magnesium oxide, and aminoacetic acid.
9. (original) The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of menthol, eucalyptus oil, camphor, a flavor additive, and an excipient.

10. (original) The portable vapor inhaler of claim 9, wherein the effervescent composition includes a coloring agent.

11. (canceled)

12. (canceled)

13. (currently amended) A system for the inhalation of humidified vapor comprising:

a reservoir comprising an opening;

a lid that is removably attachable to the reservoir; and

an effervescent composition,

wherein the lid comprises a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area, and wherein the lid further comprises [[a]] at least one vent, wherein each vent ~~that~~ is smaller in area than the opening of the reservoir, and

wherein the lid is adapted to concentrate the humidified vapor from the reservoir, and to emit said vapor through the at least one vent.

14. (currently amended) A method for the inhalation of humidified vapor comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising ~~[[a]]~~ at least one vent, wherein each vent that is smaller in area than the opening of the reservoir, and further comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area, to the reservoir whereby an amount of humidified air forms in the reservoir, is concentrated by the lid, and is emitted through the at least one vent; and

inhaling ~~an amount~~ at least a portion of the humidified air emitted through the at least one vent.

15. (currently amended) A method of treating cold symptoms comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising ~~[[a]]~~ at least one vent, wherein each vent that is smaller in area than the opening of the reservoir, and further comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area, to the reservoir whereby an amount of humidified air forms in the reservoir, is concentrated by the lid, and is emitted through the at least one vent; and

treating the cold symptoms by breathing at least a portion ~~an amount~~ of the humidified air emitted through the at least one vent.

16. (currently amended) A method of treating allergy symptoms comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising ~~[[a]]~~ at least one vent, wherein each vent ~~that~~ is smaller in area than the opening of the reservoir, and further comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area, to the reservoir whereby an amount of humidified air forms in the reservoir, is concentrated by the lid, and is emitted through the at least one vent; and

treating the allergy symptoms by breathing at least a portion ~~an amount~~ of the humidified air emitted through the at least one vent.

17. (currently amended) A method of decongesting nasal passages comprising:

providing a reservoir comprising an opening;

filling the reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a lid comprising ~~[[a]]~~ at least one vent, wherein each vent ~~that~~ is smaller in area than the opening of the reservoir, and further comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area, to the reservoir whereby an amount of humidified air forms in the reservoir, is concentrated by the lid, and is emitted through the at least one vent; and

decongesting nasal passages by breathing at least a portion ~~an amount~~ of the humidified air emitted through the at least one vent.

18. (currently amended) The portable vapor inhaler of claim 1, wherein the lid comprises a plurality of vents, ~~and wherein each vent is smaller in area than the opening of the reservoir.~~

19. (currently amended) The portable vapor inhaler of claim 1, wherein the at least one vent is substantially centrally located in the lid.

20. (currently amended) The system of claim 13, wherein the lid comprises a plurality of vents, ~~and wherein each vent is smaller in area than the opening of the reservoir.~~

21. (currently amended) The system of claim 13, wherein the at least one vent is substantially centrally located in the lid.

22. (new) The portable vapor inhaler of claim 1, wherein the at least one vent is located in the central depressed area of the lid.

23. (new) The system of claim 13, wherein the at least one vent is located in the central depressed area of the lid.